

Walk to Health 2015 Sponsors

Week 11 - Shins Aching

Aching shins is a very common complaint for new walkers or those trying to increase their speed or distance. Shin splints are caused from too much stress on weak shin muscles. Here are a few prevention tips:

- Warm up by walking at a slower pace at the beginning of each walk.
- Perform ankle circles and toe points to get your muscles loosened up (also throughout the day or write the alphabet in the air with your toes)
- Stretch your calves, shins, and Achilles tendon after every walk. Tight muscles make the shin work harder to lift your foot.
- Perform exercises to strengthen calves and shins.
- Cross train (bike, swim, etc) once or twice a week.
- Replace shoes when needed & choose the right shoe for your foot. Walkers should always choose flexible shoes with a low heel to produce the rolling motion needed for fitness walking.
- Choose a good walking surface. Avoid concrete if at all possible.
- Increase your mileage and speed gradually. General rule of thumb: increase mileage 10% each week. Be sure you are not over striding.

